



Greater Seattle Senior Games Masters Track and Field Event

Saturday, June 7, 2003

For Ages 30 and Up!

West Seattle Stadium,
35th St. SW and SW Snoqualmie

Event Schedule

Registration is at 8:30am and continues throughout the meet.

No pre-registration required.

PLEASE NOTE TIME CHANGES
FROM REGISTRATION BROCHURE!

\$4.00
Per
Event

Compete
In
As
Many
Events
As
Desired!!

FIELD EVENT SCHEDULE

9:30am	Pole Vault
9:30am	Long Jump, Triple Jump
9:30am	Shot Put, Discus follows Shot Put
11:00am	High Jump
2:00pm	Javelin or immediately following last track event

TRACK EVENT SCHEDULE

9:30am	5,000 M Run – 2 Heats	11:45am	100 M Dash Finals
	Heat 1: Women and Men 55+	12:15pm	1,500 M
	Heat 2: Men 30 – 54	12:45pm	4 x 100
10:45am	400 M Dash	1:00pm	800 M Run
11:00am	1,500 M Racewalk (Judged)	1:30pm	200 M Dash
11:20am	3,000 M Racewalk (Judged)	1:45pm	4 x 400 M Relay

Track Events May Run Up To 30 Minutes Ahead Of Schedule

Questions? Call 1-206-684-7094